

# CALENDAR of EVENTS

\* Denotes Monthly W.T.R.C. Race

- MAR. 3 LCU MASTERS INDOOR TRACK MEET, LCU ATHLETIC FIELD HOUSE  
Entry Blanks will be in Feb W.T.R.C NEWSLETTER Steve Ireland  
766-0694
- \* MAR. 10 PRARIE DOG TOWN 4 MILER , Mackenzie Park , Shirley Wigley Race  
Director 9 A.M. START Details in this Newsletter
- MAR. 11 TEXAS RATTLESNAKE RUN, Sweetwater, 10K & 2 mile ,9:30 A.M.  
Sweetwater C of C, Box 1148, Sweetwater, Tx 79556 or call  
(915) 295-5488
- MAR. 17 GONE WITH THE WIND 10K , 9 A.M. MAE SIMMONS PARK Sponsored by  
Lbk Pks & Rec Dept. Reg \$8 Prior to Mar 12, \$10 after; contact  
Todd Steelman at 767-2690
- MAR. 31 SCHLOTZSKY'S BUN RUN, BENEFITTING THE AMERICAN HEART ASSOCIATION  
at TEXAS INSTRUMENTS N. UNIVERSITY AND LOOP 289  
10K & 2 Mile runs plus a 2 Mile walk, Jan Ramirez, Race Director  
795-7338 or 766-1722
- MAR. 31 AZALEA TRAIL 10K, Tyler,Tx. Contact Debbie Peebles(214-531-4223)
- APR. 1 CAPITOL 10K, Austin, 8:00 A.M. AUSTIN AMERICAN-STATESMAN 10K,  
P.O. BOX 2936, Austin, Tx 78769 or call (512) 445-3598
- \* APR. 14 FLIGHT LINE RACES, Half Marathon, 10K, and 2 Mi. Ronnie Nugent  
Race Director, 793-1736
- APR. 28 LUBBOCK ARTS FESTIVAL, RUN FOR THE ARTS , Gary Perry and  
Tracy Baugh, Race directors
- APR. 29 THE TRIATHLON FOR EVERYONE, Students, Faculty, Staff of TTU  
ONLY, Contact Betty Blanton at 742-3351
- \* MAY. 12 HORSESHOE BEND RACES, Slaton , Hugh Haynes, Race Director
- MAY. 26 Amarillo FUNFEST RACES Half Marathon and 10K
- \* JUNE 9 LEVELLAND LOPE, Levelland, Bill Roger, Race Director, 10K & 2 Mi
- JUNE 16 JUNETEENTH RUN, MLK Park (Canyon Lake 6) Eddie Richardson, RD
- JUNE 17 HUB CITY TRIATHLON; 7:30 A.M. Contact Betty Blanton at 742-3351
- \* JULY 4 22nd ANNUAL FIRECRACKER RACES, Brownfield, 10 and 8 Mile and  
1 mile childrens Run, Coleman Park, Mark Manley Race Director
- \* AUG. 11 HOT DAM RUN, MLK Park, 5 Mile, Gonzalo Ramirez, Race Director
- AUG. 18 BUFFALO SPRINGS LAKE TRIATHLON; Olympic Distances, Contact  
Mike Greer at 796-8218
- AUG. 18 DIMMITT 5 K RUN, CONTACT Roger Malone, Race Director, 607 Pine,  
Dimmitt, Tx. 79027 or call (806) 647-3286 or 647-2491 (after 6)
- \* SEPT 8 SHALLOWATER 10K
- SEPT 29 RED RAIDER ROAD RACE, TTU
- SEPT 30 DUKE CITY MARATHON, Albuquerque, 5 events, Details later
- OCT. 27 ALLSUPS' ANNUAL ROADRACES, Clovis, NM details later

March 1990



BLACKTAIL PRAIRIE DOG

March W.T.R.C. Race  
PRARIE DOG TOWN 4 MILE  
Mar. 10; 9:00 A.M.  
Details on Page 11

WEST TEXAS  
Running Club  
Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408

MARCH 1990

BRCA  
ROAD RACES CLUB IN AMERICA

# WEST TEXAS RUNNING CLUB

OFFICERS

PRESIDENT : RON KEY  
0 765-5551 H 792-9280  
INTERNAL VICE-PRES

GONZALO RAMIREZ  
0 742-2313 H 795-7338  
EXTERNAL VICE-PRES

TRACY BAUGH  
0 762-6411 X2122 H 794-8498  
SECRETARY

JON MASOOD  
0 763-7351 H 797-1870  
TREASURER

SHIRLEY WIGLEY 0 763-7061 H 797-4201  
*W.T.R.C. Races are usually held the Second Saturday of each Month*

W.T.R.C. Official meetings are held monthly on the 2nd Tuesday, 6:30 P.M. at 3208 67th, Lubbock

These meetings are open and any member is invited to attend at any time

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## RACE ENTRY FEES

IN ORDER TO MAKE THE MONTHLY CLUB RACES SELF-SUPPORTING THE OFFICERS AND DIRECTORS HAVE VOTED TO RAISE THE RACE ENTRY FEES TO \$ 4 FOR W.T.R.C. MEMBERS AND \$ 5 FOR NON-MEMBERS. ALSO APPROVED WAS A \$ 10 MAXIMUM FOR W.T.R.C. MEMBER FAMILIES. THIS INCREASE IS TO TAKE EFFECT WITH THE MAY 1990 HORSESHOE BEND RACE

# W.T.R.C. COTTONPATCH RUN

FEBRUARY 10, 1990

EVENT NUMBER TWO OF THE 1990 CHALLENGE SERIES

8 MILE

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROUP]
01	Mark Manley	29	M	46:39	Whitharral	1st	20-29M
02	Larry Romo	17	M	47:54	Sundown	1st	19&UnderM
03	John Romero	15	M	49:47	"	2nd	19&UnderM
04	Robert Guajardo	47	M	50:26	Levelland	1st	40-49M
05	Alfred Hernandez	16	M	50:54	Sundown	3rd	19&UnderM
06	Gonzalo Ramirez	34	M	52:01	Lubbock	1st	30-39M
07	James Ivey	34	M	52:31	"	2nd	30-39M
08	Ken Jernigan	38	M	53:23	Sundown	3rd	30-39M
09	Sue Houle	28	F	54:36	Lubbock	1st	20-29F
10	Joe Martinez	44	M	54:41	"	2nd	40-49M
11	Barney Adams	37	M	54:48	"	4th	30-39M
12	Wes Boullion	33	M	55:12	"	5th	30-39M
13	Ron Key	46	M	55:47	"	3rd	40-49M
14	Al Grotz	40	M	55:53	"	4th	40-49M
15	James Livermore	15	M	56:10	"	5th	40-49M
16	Bill Roger	50	M	57:26	Levelland	1st	50+ M
17	Larry Byrd	48	M	57:40	Shallowater		
18	Ronnie Nugent	43	M	58:49	Lubbock		
19	Chris Rice	16	M	59:57	Sundown	4th	19&UnderM
20	Hal Wilkerson	44	M	60:47	Tulia		
21	Rodolfo Moreno	37	M	60:48	"		
22	April Stein	31	F	61:07	Lubbock	1st	30-39F
23	Mike Greer	51	M	64:42	"	2nd	50+ M
24	Shirley Wigley	36	F	65:49	"	2nd	30-39F
25	Phil Hur	38	M	65:57	"		
26	Pat Duffey	38	M	69:50	"		
27	James Bone	50	M	70:32	"		
28	Sara Jones	19	F	70:48	"	3rd	50+ M
29	Thomas Jones	51	M	70:50	"	1st	19&UnderF
						4th	50+ M

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROUP]
01	Bill Harn	35	M	23:39	LUBBOCK	1st	30-39M
02	Jimmy Samarron	34	M	25:22	Levelland	2nd	30-39M
03	David Rodriguez	37	M	26:08	Lubbock	3rd	30-39M
04	Cande Olivas	27	M	26:23	Levelland	1st	20-29M
05	Trey Jernigan	12	M	26:49	Sundown	1st	19&UnderM
06	Carlos Vigil	41	M	27:08	Lubbock	1st	40-49M
07	Jay Winfrey	11	M	28:17	Sundown	2nd	19&UnderM
08	Alonzo Mendoza	32	M	28:25	Levelland	4th	30-39M
09	Ralph Williams	53	M	28:36	Crosbyton	1st	50+ M
10	Frank Goodman	43	M	28:38	Littlerfield	2nd	40-49M
11	Otto Spitz	32	M	29:16	Lubbock	5th	30-39M
12	David Dunwoody	34	M	29:29	Dumas		
13	Helen Esquivel	21	F	29:40	Lubbock	1st	20-29F
14	Francis Johns	55	M	29:55	Midland	2nd	50+ M
15	Josie Aleman	38	F	30:30	Lubbock	1st	30-39F
16	Jerold Villanueva	32	M	30:36	"		
17	Mike Read	30	M	31:20	O'Donnell		
18	Tony Aleman	40	M	31:55	Lubbock	3rd	40-49M
19	Steve Keene	43	M	32:00	"	4th	40-49M
20	Ron Seal	33	M	32:29	"		
21	Frank Hernandez	51	M	33:21	"	3rd	50+ M
22	Chris Scott	25	M	33:57	"	2nd	20-29M
23	Paul Richard	33	M	34:25	"		
24	Tracy Baugh	43	M	36:18	Levelland	5th	40-49M
25	Mike Nelson	28	F	36:18	Lubbock	2nd	20-29F
26	P.J. Mitchell	45	F	37:44	"	1st	40+ F
27	Connie Evans	41	F	39:49	"	2nd	40+ F
28	David Skelton	35	M	NTA	"		

# WEST TEXAS RUNNING CLUB 1990 Challenge Series Standings after 2 Events

30 - 39 MALE	PTS.	MILES	EVT.	0 - 19 FEMALE	PTS.	MILES	EVT.
GONZALO RAMIREZ	20	14.2	2	SAMANTHA JONES	20	10.0	2
DAVID DUNWOODY	11	10.2	2	TARA JERNIGAN	10	6.2	1
BILL HARN	10	4.0	1				
DAVID DOYLE	10	18.0	1*				
JAMES IVEY	9	8.0	1	0 - 19 MALE			EVT.
ANDY LUMA	9	6.2	1	TREY JERNGAN	19	6.0	2
JIM SAMARRON	9	4.0	1	JAY WINFREY	17	6.0	2
PHIL HUR	9	2.0	1	LARRY ROMERO	10	8.0	1
KEN JERIGAN	9	10.0	2	ANGEL OLIVO	10	6.2	1
JOE STALCUP	8	8.0	1	JUSTICE JONES	10	2.0	1
RON SEAL	8	6.2	1	JOHN ROMERO	9	8.0	1
DAVID RODRIGUEZ	8	6.0	2	JERRY MCGINNIS	9	6.2	1
LARRY RENO	8	4.0	1	ALFRED HERNANDEZ	8	8.0	1
BARNEY ADAMS	8	2.0	1	CHRIS RICE	7	8.0	1
DAVID MILLER	7	8.0	1	MARCOS TORRES	7	2.0	1
ALONZO MENDOZA	7	6.2	1	MOSES JONES	6	2.0	1
ED DABROWSKI	7	4.0	1	MIKE DOLL	5	2.0	1
WES BOULLION	6	8.0	1				
OTTO SPITZ	5	4.0	1	20 - 29 MALE			EVT.
RODOLFO MORENO	5	8.0	1	MARK MANLEY	20	14.2	2
RAUL RICHARDS	5	6.0	2	CANDE OLIVAS	10	4.0	1
JEROLD VILLANEVA	4	4.0	1	ROGER BOBLES	9	6.2	1
P.T. DUFFEY	3	8.0	1	CHRIS SCOTT	9	4.0	1
DAVID SKELTON	3	6.0	2				
MIKE READ	3	4.0	1	20 - 29 FEMALE			EVT.
				SUE HOULE	20	14.2	2
				HELEN ESQUIVEL	10	4.0	1
				JODYNE VERNLUND	9	6.2	1
				TRACY BAUGH	9	4.0	1
				30 - 39 FEMALE			EVT.
				JOSIE ALEMAN	20	6.0	2
				APRIL STEIN	10	8.0	1
				SHIRLEY WIGLEY	9	8.0	1
				JODY TAYLOR	9	2.0	1
				40 - + FEMALE			EVT.
				P.J. MICTHELL	19	6.0	2
				CONNIE EVANS	19	10.2	2
				ROSIE MARMOLEJO	10	2.0	1
				50 - + MALE			EVT.
				BILL ROGER	20	14.2	2
				RALPH WILLIAMS	19	10.2	2
				FRANK HERNANDEZ	17	6.0	2
				JAMES BONE	15	14.2	2
				TOM JONES	15	14.2	2
				JOHN STALCUP	10	2.0	1
				JOHNS FRANCIS	9	4.0	1
				MIKE GREER	9	8.0	1

\* = RACE DIRECTOR

# A Bit o' W.T.R.C. History

Your editor's comments about the COTTON PATCH RUN in the February news-letter prompted the following response from W.T.R.C. co-founder Gene Adams who now lives in Houston. I hope that each of you enjoy it as much as I did. We owe a great deal of thanks to Gene and James Morris for their long time sustenance of the W.T.R.C. One of the offshoots of the original club is the San Angelo Road Lizards and an article by former W.T.R.C. member and now president, Alan Borger in their Feb Newsletter states that their club was organized November 19, 1981 with 41 people. Coincidentally, Chuck Chamberlain reporting in "THE RUNDOWN" the newsletter of the Permian Basin Running Club stated that their club was organized in July 1980.

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Dear George:

Jan.31,1990

Just read in the newsletter that (the writer) was unable to determine the origin and history of the "Cotton Patch Run". James Morris and I held the very first one in the first year of the club's existence. That would have been in February, 1973 (club was formed in July, 1972). In the beginning, we had 3 or 4 of the 12 annual races in Brownfield. There were 2 reasons for this: (1) At that time, there was not a large enough running population in the Lubbock area to support a strictly local club. To survive financially, our only hope was to draw members from all over the (relatively) sparsely populated west Texas area. We were drawing runners from Amarillo, Dumas, and the panhandle in the north, San Angelo, Odessa-Midland, and even San Antonio in the south, as far west as central New Mexico (we had a large, faithful core in Hobbs), and at least half-way to Ft. Worth in the east. There were no other running clubs in these places at the time. All of the existing clubs are spin offs from the WTRC and were started by WTRC members as their local running population became large enough to support a separate club and, of course, in doing so, they eliminated the travel to run in our races.

Anyway, the desire was to distribute the travel burden, and by staging races from one end of our area to the other (we used to have the monthly club races in Amarillo, San Angelo, Odessa, etc.), we were able to do so. Brownfield seemed to be about mid-way between the extremes of our area (and that's where we were) and for those races held there, the travel burden was roughly equal for folks on the extremes of our area.

And (2) The second reason was that it was never easy (probably still isn't) to find willing race directors and volunteers to help with the races. Naturally, if we couldn't get a volunteer, either James or I had to be the race director for that month. Of course, if we were going to be race director, in general (but not always), we held it in Brownfield to make it easier to prepare (measure and mark course, etc.).

Since we were having several annual races in Brownfield, we wanted them all to be somewhat different in distance, course, etc. We already had 2 or 3 other races there (August 5-miler in Coleman Park and July 10-miler come to mind), and the opportunities for variety in Brownfield were limited. The Cotton Patch course was attractive for several reasons: (1) It was different--long stretches of unpaved roads, mostly away from houses and traffic, (2) It started up and finished near the high school field house, so that we could use it for sign up and presentation of awards (very nice in cold or inclement weather), (3) It wasn't necessary to measure the course since it was run on section line roads which had been surveyed on one mile squares (middle of intersection to middle of intersection), and (4) Last, but not least, it went right by my house and was run on roads that I used for training every day. Also important, from my personal knowledge and experience, the hard caliche on the unpaved portions never became too mushy to run on, even when quite soaked.

Don't know if the writer of the article was really interested in all of this, but thought I'd respond in case (he/she/it) is.

Gene

### THE FIRST MARATHON

If you have any interest at all in running a marathon this fall - and you might want to do so at least once in your life - and are 18 or older, July is the time to initiate a three to five month training program. If you do, take heart and take the following guidelines to heart:

Have a good running base, i.e., have been running consistently for at least one year with at least one 10K or 6.2 mile race (regardless of time) under your belt. Have a current weekly running average of about 20 miles.

Speak with your family about the marathon goal and obtain their support. Training may require time away on a weekend day, or shifting a weekday meal for a practice run. Suggestion: Where and when possible, you might ask family members to bike with you over longer training routes.

Select your marathon for a time permitting three to four months of training. Plans for an October or November marathon begin in July. Send a letter requesting an application, and a self-addressed, stamped envelope. Return the completed application and fees at least several weeks before the cut-off date.

Speak with experienced marathoners (Your local track club is a good source for them, as are the local Y, local tracks, or summer 10K races) for support, encouragement, and advice. Accept all to the first two, but sift the latter for appropriateness to your needs.

Establish your goal(s): For the first marathon a respectable achievement is to enjoy the experience while finishing without the need for CPR or heart massage. If you set a time goal (and we would recommend against doing so) make it a reasonable one, certainly not less than 4 1/2 times your usual (or average) 10K time.

Map out a marathon schedule. Work back from the date of the marathon, devoting the 10 to 13 days before the big day to "tapering" or winding down. This phase should include cutting the 7th to 13th days mileage to half of the previous week's, the 3rd to 7th days' to half again, and the 2 days before the marathon to walking (or very slow jogging) no more than two or three miles.

During the three or four months of training designate one weekend day (or one weekday, if more appropriate for you) for the longer training run. Your schedule should include at least 3 (maximum 5) long runs of 20 or more miles, the final one 13 to 15 days before the marathon. Jeff Galloway, former Olympian, suggests that long runs reach 28 or 30 miles, so as to avoid "hitting the wall," but most marathoners limit the longest of the long runs to 23 miles.

In constructing your schedule do not increase weekly mileage by more than 10 percent over that of the previous week. Your longer weekend runs should be increased by no more than 2 miles each week.

# WEST TEXAS RUNNING CLUB

## MEMBERSHIP APPLICATION

Date \_\_\_\_\_

\$8.00 First member  
\$2.00 each additional  
Family member at the  
same address

Make Check Payable to: \_\_\_\_\_

WEST TEXAS RUNNING CLUB  
P.O. Box 2921  
Lubbock, Texas 79408

Your mailing address: \_\_\_\_\_  
Street or Box # \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone # \_\_\_\_\_  
FIRST MEMBER

NAME \_\_\_\_\_ Age / /  
Sex M or F Date of Birth \_\_\_\_\_

### ADDITIONAL FAMILY MEMBERS

NAME \_\_\_\_\_ Age / /  
M or F Date of Birth \_\_\_\_\_

NAME \_\_\_\_\_ Age / /  
M or F Date of Birth \_\_\_\_\_

NAME \_\_\_\_\_ Age / /  
M or F Date of Birth \_\_\_\_\_

NAME \_\_\_\_\_ Age / /  
M or F Date of Birth \_\_\_\_\_

Please x one [ ]

Renewal [ ] New Member [ ] Amount enclosed \$ \_\_\_\_\_

Checks only please

January is the start of a new W.T.R.C year: all Memberships expire and payment of dues is required to continue receiving the Newsletter and have reduced club race fees.

See you at a finish line.



# Run for the Arts

LUBBOCK CIVIC CENTER - DOWNTOWN (1501 6th St.)

SATURDAY APRIL 28th, 1990

STARTING TIMES: 8:00 am Children / 9:00 am Adult

\*15 K (9.3 miles) Downtown & Makenzie State Park

\*1 Mile Elementary School Run (1 - 6)

\*2 Mile Corporate Team Challenge

\*2 Mile Adult Walk / Run

\$8.00 Adults / \$6.00 Children

Includes: T SHIRT, DRAWINGS FOR PRIZES, ETC.

Awards: 1-10 Overall, 1-5 (10 yr) age groups

Prerace Dinner: Friday night \$5.00 A & \$2.50 C

\* LIBERTY STATE BANK \* DR. JOE MAYES D.D.S.

\* A.E. QUEST & SONS \* SOUTHWESTERN PUBLIC SERVICE

\* ORLANDOS RESTAURANTS

S.A.S.E. TO: 3413 43rd St. Lubbock, Tx 79413

FOR INFO & ENTRY FORM: 806-794-8498

Editor's Note

Entry Forms will be included in the April News-

letter due to arrive about April 1, 1990

## RUN FOR THE ARTS NEWS

The planning and preparations continue for the Run For The Arts. The T-shirt design has been selected and we can again thank Sandi Howard for coming up with a colorful and artistic design. Mayor B.C. "Pack" McMinn will act as our official race starter for the 15K. We are excited adding a walking division to the 2 mile event and expanding the categories for the corporate challenge. The entry blank will be mailed out with the April WTRC newsletter or can be obtained by calling Gary Perry at 795-0842 or Tracy Baugh at 794-8498.

The following opportunities are currently available in assisting with the Run For The Arts. Remember that volunteers don't have to be club members, so ask your friends or a family member. All volunteers will receive a T-shirt.

- 1) 4 people to help distribute entry blanks to retailers and to man booth at TTU Rec Center
- 2) 4 pace card holders to assist with race start
- 3) 2 people to help sell T-shirts after race
- 4) Registration workers to help stuff packets and work registration table
- 5) Helpers for children's race to give out medals and direct runners
- 6) Finish line helpers

The next Run For The Arts meeting will be held on Tuesday March 6th at 3413 43rd at 7pm.

### RRCA NEWS

The WTRC was presented with the Most Active Club Award by the Road Racers Club Of America. Gonzalo Ramirez initiated the proposal. He outlined the activities our club participated in including our monthly club races, our assistance to many community organizations and our scholarships. Gonzalo deserves our appreciation in taking time to submit our club for recognition. We were awarded a check for \$70 to be used towards the national RRCA convention fees. Gonzalo and Jan will be representing us in Miami in March this month. The convention will serve as an information and idea resource for the club.

The following people have signed up for the RRCA Personal Fitness Program: Ralph Williams and Josie Aleman. If you would like more information about the program, please call Tracy Baugh at 794-8498.

## Nutrition Tips

Recognizing packaging buzzwords avoids nutrition confusion when grocery shopping. Any ingredient that ends in the letters "ose" like fructose and dextrose is sugar. Any word that includes "sodium" like monosodium glutamate, or MSG, is salt. If a box claims the product is made with vegetable shortening, read on. Any vegetable oil that has been "hydrogenated" or "partially hydrogenated" has had hydrogen added to it artificially creating saturated fat.

Be wary of coconut and palm oils. While they technically are vegetable oils and contain no cholesterol, they are saturated fats and contribute to high blood cholesterol count. Nutrition breakdowns that give calorie, nutrient and vitamin contents can counter otherwise misleading packaging. For example, a number of breakfast cereals claim to be high in protein. A glance at the nutritional breakdown will tell you all of the protein comes from the milk you add.

Lanna Humphrey, dietician Saint Francis Hospital

## TRIATHLETE NEWS

**IN THE BEGINNING:** As in any athletic event the proper equipment is essential. The Triathlon is no different and in fact requires more attention to equipment than most other events, since you must do three entirely different type of events. The equipment and clothing you use can have a definite bearing on your performance and overall time. Remember the transition "event" we talked about in the last newsletter, well it can be affected considerably by the equipment and dress that you decide on. The shorter the distance the more critical these points are. If you have watched the Iron Man or any of the other Tri's that have been telecast you will remember that the clothing was very skimpy. The reason for this is so you will be dealing with less weight and you will be spending less time on changing. I will admit it took some time, 15 Triathlons and 1 1/2 years, before I could work up the nerve to run/bike through the neighborhoods, with just my speedo swim trunks on as cover (that is the real reason most Triathletes wear real dark glasses). Please remember, the less time spent in the transition area the better your time will be. The first event we will dwell on is the swim:

The swim-lightweight swim suit with plenty of freedom for kick and arm action. A lycra fabric moves easier through the water, avoid fabrics that become heavy in the water. We will discuss wetsuits later on since they are not considered essential or beginning equipment. Goggles, essential in pool swim, should fit good, not leak since leaky goggles can be more of a hinder than help, (Arena, Speedo, Baracuda are some quality name brands). Ear, nose plugs if needed. Swim cap (normally required at triathlons and usually furnished. It is good for identification and reduces drag from your hair. Training aides such as fins, hand paddles, kickboards and pull buoys will be used at some point in your training. Where to find a swimming hole in the Lubbock area: YMCA, Texas Tech Aquatic Center, Texas Tech Men's Pool, and when the weather warms up, Buffalo Springs Lake. Most area towns have some form of swimming accommodations available, check your yellow pages. We will talk about more specifics in swimming later but for next month we will discuss getting started on the bike.

### Triathlon Calendar for area events:

March 31, 1990-West Texas State University Sprint Triathlon, Canyon, Tx., 9:00 A.M.; Activities Center, 400 meter swim, 10 mile bike, 5k run, \$15.00 entry. Contact: Craig Clifton, WT Box 825, Canyon, Tx 79016. (806) 656-2335

Final 1989 Texas Triathlon Rankings: Three local Triathletes finished in the rankings, recently published by the Runner Triathlete News.

April Stein--ranked 11th in her age group (30-34).  
Mark Garland--ranked 43rd in his age group (35-39).  
Mike Greer--ranked 9th in his age group (50-54).  
(Note: Because of injury Miles Hyman was unable to compete in the necessary events to be ranked; however, he did qualify for the Hilton Head Championships and is looking strong for 1990.)

## PRAIRIE DOG TOWN RUN W.T.R.C. MARCH CLUB RACE

EVENT # 3 OF THE W.T.R.C. CHALLENGE SERIES

**WHEN: SATURDAY, MARCH 10, 1990**

**REGISTRATION: 8:00 TO 8:45 A.M.**

**RACE START : 9 A.M.**

**WHERE: MACKENZIE STATE PARK NEAR  
BROADWAY ENTRANCE, LUBBOCK**

**COURSE: ROLLING TERRAIN, ASPHALT,  
OUT and BACK LOOP**

**ENTRY FEE: \$ 3 W.T.R.C. MEMBERS  
\$ 4 OTHERS**

### AGE DIVISIONS and AWARDS:

MEN	WOMEN
0 TO 19	0 TO 19
20 TO 29	20 TO 29
30 TO 39	30 TO 39
40 TO 49	40 PLUS
50 PLUS	

BLACKTAIL PRAIRIE DOG



Prairie dog town

**RACE DIRECTOR: SHIRLEY WIGLEY 797-4201**  
**OR CALL DAVID RODRIGUEZ at 741-4834 or**

**765-6686**